

AMENDMENTS TO THE CLAIMS

1-28. (Cancelled)

29. (Currently Amended) A weight bearing element comprising:  
a substantially open and flat web having a plurality of spaced stabilizing members; and  
at least ~~one chord defining~~ two chords wherein each cord defines a perimeter having a  
polygonal cross-sectional shape with at least 5 mutually non-coplanar sides, at at  
least two of which are substantially parallel to the web, ~~the chord~~ each of the two  
chords being connected to the web at at least one vertex of an angle of the chord,  
wherein the web spans a distance between the two chords, and at least one of the plurality  
of spaced stabilizing members comprises a punched out opening or a flange  
protruding outward the plane of the flat web, the opening or flange extending  
across more than half but less than all of the distance between the two chords.
30. (Currently Amended) The weight bearing element of claim 29 wherein the stabilizing  
members are formed from punched out openings, and the punched out opening comprise  
at least forty percent of the area of the web.
31. (Previously Added) The weight bearing element of claim 29 wherein the stabilizing  
members are flanges.
32. (Currently Amended) The weight bearing element of claim 31 wherein sets of the  
flanges are ~~arranged in trapezoidal patterns~~ coupled together to form trapezoidal  
stabilizing members projecting outward from the web.
33. (Currently Amended) The weight bearing element of claim 31 formed by roll forming a  
single sheet of material into the web and ~~at least one chord~~ two chords.
34. (Previously Added) The weight bearing element of claim 31 wherein the chord is  
fabricated from a single continuous sheet.
35. (Currently Amended) The weight bearing element of claim 29 formed by roll forming a  
single sheet of material into the web and ~~at least one chord~~ two chords.

36. **(Previously Added)** The weight bearing element of claim 29 wherein the chord is fabricated from a single continuous sheet.
37. **(Currently Amended)** The weight bearing element of claim 29 wherein the cross section of ~~the~~ at least one of the two chords ~~chord~~, excluding any portion in parallel with and connected to the web, has a shape of a regular or irregular pentagon.
38. **(Currently Amended)** The weight bearing element of claim 29 further comprising a fill material in the cavity of at least one of the ~~at least one chord~~ two chords.
39. **(Currently Amended)** The weight bearing element of claim 31 wherein the ~~at least one chord consists of two~~ two chords are substantially parallel chords coupled to opposite sides of the web.
40. **(Previously Added)** The weight bearing element of claim 39 wherein the chord further comprises at least 5 planar sides, each side corresponding to one side of the closed multi-sided figure of the cross-sectional shape of the chord.
41. **(Previously Added)** The weight bearing element of claim 40 wherein the number of sides is at least 6.
42. **(Previously Added)** The weight bearing element of claim 31 wherein the chord has a height and a width, such that the height is greater than the width.

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43-46. **(Withdrawn)**